

Easy 3 Ingredient Recipes

Cooking with Chef T - Berkshire Partners Blue Hill Club

Banana Oat Smoothie



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Ingredients - for 1 serving

1. 1 cup of rolled oats
2. 1 banana
3. 1 cup of milk, of choice

Preparation

1. Add rolled oats to a blender and blend until the oats are the size of a fine crumb
2. Add the banana & the milk and blend well
3. Pour in a glass
4. Enjoy :)

Mac & Cheese



Mac & Cheese

Ingredients - for 4 servings

1. 5 cups of milk
2. 1 pound of elbow macaroni, dry
3. 2 cups of shredded cheddar cheese

Salt & Pepper to taste

Preparation

1. In a large pot, bring milk to a boil
2. Add the pasta and stir constantly until the pasta is cooked, about 10 minutes
3. Turn off the heat, then add the cheddar.
4. Stir until the cheese is melted and the pasta is evenly coated
5. Enjoy :)

BBQ Chicken Tenders



BBQ Chicken Tenders

Ingredients - for 6 Chicken Tenders

1. 1 chicken breast
2. 1 cup of seasoned bread crumbs
3. 1 cup of BBQ sauce

Preparation

1. Preheat oven to 375 degrees F
2. Slice the chicken into even strips
3. Dip the chicken into BBQ sauce
4. Then coat them in the bread crumbs
5. Place on a baking sheet lined with parchment paper and bake for 15 minutes
6. Brush the remaining BBQ sauce evenly on both sides of the chicken strips and bake for another 10 minutes
7. Enjoy :)

Honey Roasted Carrots



Honey Roasted Carrots

Ingredients - for 3 servings

1. 6 whole carrots, or chopped, pelled with tips and ends cut off
2. 2 tablespoons of melted butter
3. 2 tablespoons of honey

Salt & Pepper to taste

Preparation

1. Preheat oven t 400 degrees F
2. In a medium casserole dish, evenly coat the casrrots in butter, honey, salt and pepper
3. Bake for 25-30 minutes
4. Enjoy :)

Strawberry Icebox Cake



Strawberry Icebox Cake

Ingredients - for 9 servings

1. 5 cups of sweetened whipped cream
2. 11 large rectangular graham crackers
3. 3 cups of strawberries, chopped

Preparation

1. Spread a thin layer of whipped cream in a square glass baking dish
2. Layer graham crackers on top, then cover with a layer of whipped cream
3. Sprinkle $\frac{1}{3}$ of the strawberries on top, then layer with cream again
4. Repeat steps 2 and 3 until no more ingredients remain (the top layer should be strawberries and should not be covered with cream)
5. Refrigerate for at least 3 hours.
6. Enjoy :)

Nutritional Facts

Banana Oat Smoothie: Calories 528, Fat 9g, Carbs 96g, Fiber 11g, Sugar 31g, Protein 18g

Mac & Cheese: Calories 803, Fat 27g, Carbs 100g, Fiber 3g, Sugar 18g, Protein 37g

BBQ Chicken Tenders: Calories 205, Fat 1g, Carbs 42g, Fiber 1g, Sugar 17g, Protein 4g

Honey Roasted Carrots: Calories 175, Fat 9g, Carbs 22g, Fiber 3g, Sugar 18g, Protein 0g

Strawberry Icebox Cake: Calories 106, Fat 6g, Carbs 11g, Fiber 1g, Sugar 6g, Protein 1g